

# Balance Beam -- LEVEL 10

3 A's	.10ea	9.5
3 B's	.30ea	
2 C's	.50ea	

.50 Bonus — min. .10 CV & .10 D/E  
No Element Restrictions

## SPECIAL REQUIREMENTS

**Acro Series**  
**-2** Elements (2 Flight) 1 min. "C" w/ or w/o Hand Support  
 •No Mt/No Dismt unless contains 3 Elements  
 •If Hold—must be Last Element of Series  
**OR**  
 -"A" Non-Flight (Group 7) + "E" Acro Flight  
**360° Turn** — 1 Foot  
**180° Leap/Hop/Jump "A"** or ↑  
 Forward Leg must NDT finish staggered  
**"C" Aerial/Salto Dismount** **OR**  
**"B" Dismount Directly Connected to:**  
 •An Acro Series that includes a Min. "C" Acro Element  
 •A Min. "C" Acro or Dance Element

No Dismount (from SV) .30

**NO BONUS IF:**  
 Fall/Spot on Element  
 Same Connection is Repeated  
 Same D/E Element Repeated  
**REPETITION OF ELEMENTS \***  
 Element done 3rd X-No (VP/SR/AV)  
 (may be awarded if 1st or 2nd time received no VP)

**Short Exercise**  
 Less than 30 sec.  
 Deduct miss VP/SR  
 2.00 (C/L) from ave.

PRINCIPLES FOR CV	.10	.20	Restrictions for CV
2 Acro Flight	B+C* (C must be Salto)	B+D C+C	Mt. OK/No Dismt *No Mt/No Dismt
3 Acro Flight	B+B+C	B+B+D B+C+C	Mt. OK/Dismt OK
2 Dance/ Mixed**	A+D B+C C+C (same)	B+D C+C (different)	**Mt. OK/No Dismt
Turn	A+C		or Reverse

Warning—:20  
 Time—:30 OT— .10 - Notify Coach  
 Fall Time 30 seconds  
 Warning at 20 & 10 second remaining

**Timing begins** with take-off from board or mat and ends when the gymnast arrives on the mat.  
**Fall Timing:** Fall clock starts with the fall and ends when gymnast remounts the beam.  
**Routine clock** stops with the fall and starts when the gymnast resumes her routine at the point of interruption.

SPECIFIC COMPOSITIONAL AND EXECUTION DEDUCTIONS	
Lack of Dance Series with Min. of 2 Elements	Each .10
Missing Forward or Sideward Acro Element or Missing Backward Acro Element If Either in Only Mount or Dismount	Each .10
More than 2 with the Same Shape	.05
More than on Leap/Hop/Jump Element to Prone	Each .10
More than 2 Pivot (180° on 2 ft w/ Straight Legs) Turns	.10
Lack of Balance between Acro and Dance VP Elements	↑.20
Insufficient Distribution of Elements	↑.10
Insufficient Level Changes throughout Exercise	↑.10
Insufficient use of Beam Spatially/Directionally	Each ↑.10
Choice of Acro Element not up to the Level of the Competition	↑.20
More than 1 Element before Mount (take-off from springboard)	↑.20
Support of 1 Leg against Side Surface of Beam	Each .10
Grasp of Beam to prevent a Fall	.50
Concentrations Pauses (more than 2 seconds)	.05
3rd Run Approach to Mt. (2 attempts without penalty if no balk) AV awarded	↑.10
Flexed Feet during VP	
Incorrect Body Posture/Alignment during Dance VP	
Insufficient Exactness Body Position	
• Insufficient V (N-90° Hip & Knee Bend — V-90° Hip Bend)	↑.20
• Insufficient stretched pos. * arch	↑.20
* hip angle (135°-179°)	↑.20
Insufficient Height on Leaps/Jumps/Hops	
Insufficient Height of Aerials/Saltos/Acro Flight Elements	
Insufficient Height of Dismount Elements	
Legs Crossed during Saltos with Twist	
Insufficient Sureness of Performance Throughout	
Relaxed or Incorrect Footwork in non-VP throughout Exercise	
Relaxed/Incorrect Leg Positions/Body Posture and/or Insufficient Flexibility Throughout	
Leg/Knee Separations	
Legs not Parallel to Beam in Split or Straddle-pike Jumps	
Bent Arms/Knees	
Hesitation during Jump/Press to Handstand	
Dismount Landing too Close to Beam	
Directional Error on Gainer Salto Dismounts off End of Beam	
Touch/Brush Apparatus/Mat with Foot/Feet	
Hit on Apparatus with Foot/Feet	

LANDING/SPOTTING DEDUCTIONS	
Slight Hop/Small Foot Adjustment	↑.10
Extra Steps (max. 4)	↑.10ea
Dismount Landing too Close to Beam	.10
Deviation from Straight Direction	↑.10
Extra Arm Swing on Landing	↑.10
Very Large Step/Jump (3 feet)	.20
Add 1 Trunk Movement for Balance	↑.30
Incorrect Body Posture on Landing	↑.20
Deep Squat	↑.30
Brush/Touch Landing Surface w/ 1 or 2 Hands	↑.30
Support on Mat 1/2 hands-Fall on to Knees/Hips	↑.30
Fall On or Against Apparatus	.50
Spot on Landing—VP/SR/No Bonus	.50
Spot Element—No VP/No SR/No Bonus + Spot	.50
Failure to Land Dismount Salto on Soles of Feet 1st	.50
No VP/No SR/No AV-Do not take "no dismount"	.50
For missing SR take	.50

INCOMPLETE TURN	OR TWIST
1°-44° missing	.05-.10
45°-89° missing	.15-.20
90° ↑ missing	↓ Value Part

INSUFFICIENT SPLIT	
1°-20° missing (179°-160°)	.05-.10
21°-45° missing (161°-135°)	.15-.20
46° ↑ missing	↓ Value Part

ARTISTRY	
•Style	↑.10
•Elegance	↑.10
•Choreography	↑.10
<b>DYNAMICS</b>	↑.2
•Energy	
•Effortless	
<b>RHYTHM</b>	
Rhythm/Tempo Throughout	↑.2
Dance or Mixed Series	↑.1
Acro Series *	↑.3
*Exception: Backward Acro w/ one or more flight elements—connect or not—no slow connection	